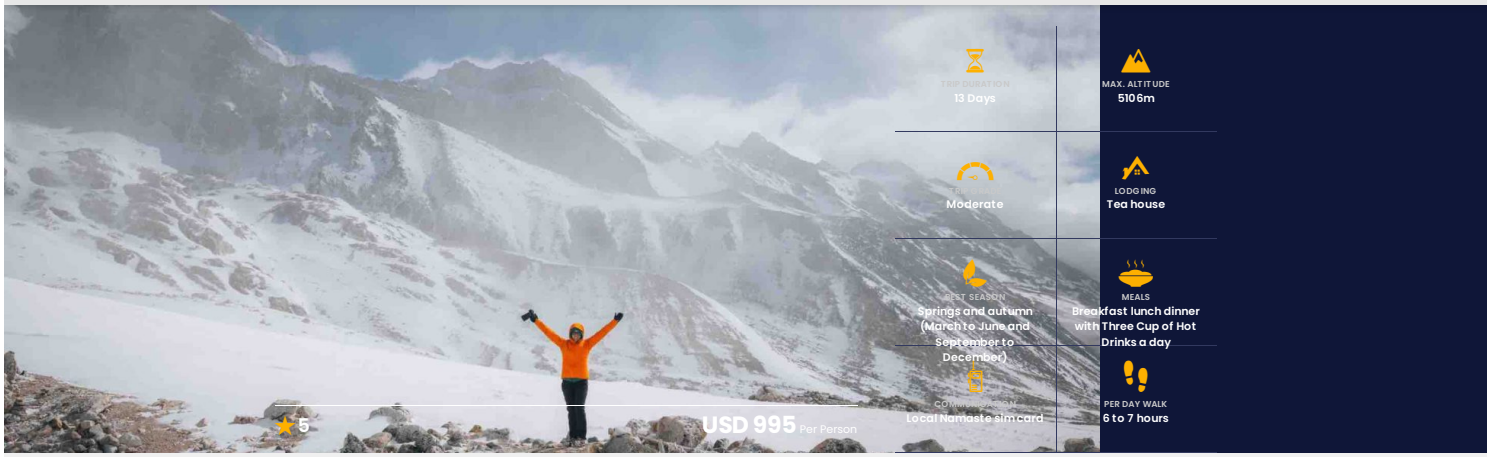




# Manaslu Circuit Trek, 13 Day Itinerary

Do you know what the sound of forest whistling, waterfalls singing, and Monal (Nepal's national bird) chirping all at once sounds like? Can you imagine what a place with great mountain views and an alpine meadow would look like? The picturesque landscapes on terraced farmland and several suspension bridges are just a few of the hundred perks of the Manaslu Circuit Trek.

The Manaslu Circuit Trek is one of Nepal's classic and off-the-beaten trails. It passes through the border between Nepal and Tibet. This route has been popular since its emergence in 1992. The trail is among the best treks in Nepal that take you around the world's 8th highest mountain, Mt. Manaslu, a mountain peak at an elevation of 8163 meters.

### Manaslu Circuit Trek Highlights

- Hike near the world's 8th highest peak, Manaslu Base Camp
- A much less crowded trail is located in the territory of Mansiri Himal.
- A short yet wonderfully scenic drive from Kathmandu to Arughat/Maccha Khola
- Panoramic views of dozens of giant Himalayas, such as Manaslu, Annapurna II, and Lamjung Himal
- Pass through Budigandaki Gorge.
- Chance of encountering strange flora and fauna, including snow leopards
- Explore the fantastic local cultures while exploring the monastery, which dates back over 200 years.
- Trek to the Tibetan border from Samdo Village

### Manaslu Trek: A Short Insight

While all mountain treks in Nepal are immensely pleasing, the walk to Manaslu is by far the most peaceful and pleasing one. Although opened nearly three decades ago, this Manaslu Trek is less crowded than **Everest Base Camp** (EBC) or **Annapurna Base Camp** (ABC).

So, where do you start your Manaslu Circuit Trek? First, fly to Kathmandu from your home country, and we will be there with you right from the airport. After a night in Kathmandu, we hop on an early morning drive to Arughat or Sotikhola. From here, we move on the trail from Jagat to Deng to Namrung to Sama Gaun. On the 6th day of the trip, we stopped at Sama Gaun, visiting some local places there. Then we moved to Samdo to stop there for one more day before we hiked to Dharmashala, our highest stop for the trek. Then we move to Bhimtang, Gho, and finally to Dharapani. From Dharapani, we get a jeep that drives us back to Kathmandu. This might be a lot of information in one paragraph, so we break down the day-to-day Manaslu Circuit Trek Itinerary below. For further details, you can also read the Manaslu Trek Guide.

### Important note: Road Construction in Manaslu and ways to avoid it

Over the years, the route of the Manaslu Circuit Trek has somewhat changed due to road construction. Before 7 to 8 years, the trip would start from Aarughat, and you would need to walk for 3 to 4 days to reach Maccha Khola. Now, you can get Jeep rides up to Maccha Khola and shorten your trip. So make sure that your itinerary includes driving up to Maccha Khola and that you do not walk on the dusty road.

Even after that, you must follow the muddy trail from Maccha Khola to Tatopani. The construction of roads in Manaslu Circuit Trek started in 2010, when China committed to building a road connecting India, Nepal, and China via Tsum Valley. While this is excellent news for the community, the trekking route seems to be affected. The good news is that you can avoid the road construction and follow a new path to the Manaslu Zone.

The **classic route** before was Soti Khola-Maccha Khola-Korlabesi-Tatopani-Dobhan.

Now, you can avoid the route via Soti Khola-Nuban Kharka-Kashigoan-Kerauja-Khorlabeshi-Dobhan. This new route might be a longer detour, but it adds some new villages to explore.

Alternatively, you can jeep to Maccha Khola and walk to **Kejaura, Khorlabeshi, and Dobhan**. This way, you only walk in the construction area for a few hours and still complete the trek in a shorter time.

Well, this is just for the first two days of the trek. After that, the trail is the same, and you do not need to worry about road construction.

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ITINERAY

## Day 01: Drive from Kathmandu to Maccha Khola via Soti Khola (930m)

Soon after breakfast in the hotel, we arrange your drive from Kathmandu to Machha Khola. About a four-hour drive west of Kathmandu, along Trishuli River, we reach **Dhading Besi,** the district headquarters. This might be an excellent place to stop for lunch and some shopping. Now, the ride will be in the northern direction, and on a relatively straightforward day, we might see mountains on the way.

Upon arriving at **Aarughat,** you will find yourself exploring one of the beautiful towns of the district. After a short stop here at Aarughat, it's a final rush to Soti Khola and then to Machha Khola.

**Meal** : Breakfast Lunch Dinner

**Accomodation** : Tea house

**Walking / Driving** : 5 to 6 hours (146 km)

## Day 02: Trek from Machha Khola to Jagat (1340 m)

The initial trekking days are exquisite as we move along the Budhi Gandaki River to witness the stunning scenery. Initially, we crossed a thick forest before moving to Khorlabesi. Be alert in the forest as you will find langurs and monkeys chattering at you from the top of the tree.

In a few hours, we move to a place called Tatopani (which means "hot" and "shower". You are looking at a hot shower in the **natural spring**. Then, a **long suspension bridge** over the Budhi Gandaki River connects **Dovan**. While you can also choose to stay in Dovan, we plan to cross Thulo Dunga and reach **Jagat.** This beautiful made-up cultural town at 1340 meters is our first place to witness the **Himalayan Buddhist culture.**

**Meal** : Breakfast Lunch Dinner

**Accomodation** : tea house

**Walking / Driving** : 5 to 6 hours trekking) 18 km

## Day 03: Trek from Jagat to Deng (Dyang) (1860 m)

Hike to Manaslu

This is the second day of your Manaslu Circuit Trek, and you have to go over at least 12 km out of your 19 kms Manaslu Circuit Trek distance.

Today's walk on the rocky ridge. It is accompanied by the most amazing views of S**ringi Himal (7187 m)**. Along with rocky ascend, you shall also encounter the farmland of locals that grow maize and potatoes. In the **Manaslu Conservation Area (1998)**, you might find a few beautiful wildlife's. After a series of walk via the bamboo forest, there's **Deng village** for our rescue. It is a small, beautiful village that most trekkers choose for their overnight stay.

**Meal** : Breakfast Lunch Dinner

**Accomodation** : tea house

**Walking / Driving** : 5 to 6 hours trekking

## Day 04: Trek from Deng to Namrung (2660 m)

After a good breakfast at Deng, we head towards the village of **Namrung**. A few hours into the trek, our first stop will be the colourful woodlands called **Ghap.** While Ghap does have some good tea houses for our night's stay, it's our destination only for lunch. After Ghap, a suspension bridge connects us to Rana in a short time, we are at **Bihi Phedi**. One might see many free-roaming monkeys on this dangerous path to **Namrung.** At 2660 meters, Namrung village has some reasonable accommodation for the night.

**Meal** : Breakfast Lunch Dinner

**Accomodation** : tea house

**Walking / Driving** : 5 to 6 hours trekking (19 km)

## Day 05: Trek from Namrung to Shyala Village (3420 m)

**$800**

★★★★★ 12 days

Langtang Region

**Yala Peak climbing**

**$1400**

Culture of Manaslu Region

As the Manaslu Circuit Trek advances, we are closer to the mountains and **Tibetan culture.** On our way to the villages of **Lihi and Who,** we can see many Mani Walls and colourful flags. Also, the forested trail has terraced fields and colourful wildflowers. From Lho, the views of **Manaslu (8163 m)** and **Manaslu North(7157 m)** are very distant. Lho can be a good stop for the night's stop, but moving further north to **Sama Gaun (3520 meters)** will make our 6th day of the trip. However, if you are experiencing unease, we might also stop at Lho.

**Meal** : Breakfast, lunch and Dinner

**Accomodation** : Tea house

**Walking / Driving** : 5 to 6 hours trekking

## Day Day 6: Trek to Samagoun via Pungen Monastery

Well, after trekking for four days at the lower elevation for the first time, you will walk over 3400 meters. On that day, our team will wake up with a beautiful panoramic view of Shyala village, and once finished with breakfast, you will start your journey. The first side trip on the Manaslu Circuit is to Pungen Gompa, the oldest monastery in the Manaslu region. Pungen Gompa is the best viewpoint in the Manaslu circuit trek, from which you can see the best view of Mount Manaslu and many other peaks. Getting to Pungen monastery from the Shayla takes 2 hours and some time in the Pungen Monastery; we will trek to Sama Goun, where most trekkers will stay for two nights for acclimatization. We highly recommend doing this side trip to Pungen Monastery.

**Meal** : Breakfast, Lunch and Dinner

**Accomodation** : tea house

**Walking / Driving** : 5 hours trekking

## Day 07: Trek from Sama Gaun to Samdo (3860 m)

Trek to Manaslu Base Camp

This is another relaxing short-day tour after a fun day in the mountains. As you move higher, the forest becomes a large pastureland; if lucky, you can see some yaks. Otherwise, it's just alpine grassland for the day. You might also spot a typical Nepalese bird called the Danphe and other rare wildlife along the Manaslu Trek trail.

Before the final climb to the village of Samdo, you shall cross the Budhi Gandaki River. In a few hours, you will enjoy a cup of coffee in Samdo.

**Meal** : Breakfast Lunch Dinner

**Accomodation** : Tea house

**Walking / Driving** : 6 hours trekking

## Day 08: Rest Day at Samdo (3860 m) (Acclimatization Hike to Tibet Border)

Since we have had much rest, we can take another day off at Samdo and spend an extra night here.

You can either spend a whole day taking pictures and hot soup or go for a fun hike nearby. Do you know that you can hike near the Tibetan border and click some pictures on Manaslu's Tibetan side before returning to Samdo?

**Meal** : Breakfast Lunch Dinner

**Accomodation** : Tea house

**Walking / Driving** : 5 to 6 hours trekking (9 km)

## Day 09: Trek from Samdo to Dharamasala (4480 m)

This is a tough day of hiking to Dharamsala, and you must be prepared with all the food and blankets you might need. On Budhi Gandaki River, we cross a dangerous wooden bridge and head toward the alpine meadow. Taking enough rest, we stroll

via the path of Mani walls and prayer flags to reach a wide valley named **Salha Khola.** While enjoying the beautiful view of **Larkya Glacier,** we continued to a stone-built guest house in Dharamsala.

This Stone Guest House is the most spacious accommodation we can find. It accommodates 50 travellers and operates only in peak season. You will get a mattress and need your sleeping bag, the thrilling experience during Manaslu Region trek.

**Meal** : Breakfast, lunch and Dinner

**Accomodation** : Tea house

**Walking / Driving** : 5 to 6 hours trekking (12km)

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## Day 10: Trek from Dharamasala to Bhimtang (3750 m) via Larke Pass (5160 m)

Trek to Larke Pass

Ready for the longest and most challenging day of the 13-day Manaslu Circuit Trek itinerary? We hiked for more than 9 hours on a hazardous trail, covering more than 25 km, especially the big rocky hills today. However, the best part of the day was exploring and taking beautiful pictures of the four frozen lakes. Today is also the day we climb to 5160 meters, our highest destination.

The spectacular views of Himlung Himal (7126 m), Cheo Himal (6820 m), Gyaji Kung (7030 m), Kang Guru (6981 m), and Annapurna II (7937 m) can be seen from the well-known viewpoint of Larkya La. From there on, the trail is primarily downward until you reach Bhimtang, where you will spend the night.

And, from here, your roaming around Manaslu Conservation Area will end.

**Meal** : Breakfast, lunch and Dinner

**Accomodation** : Tea house

**Walking / Driving** : 8 hours trekking

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## Day 11: Trek from Bhimtang to Tilje Village (2550 m).

After a long day, this is a short and relaxing walk. As we have already walked to the lower altitude, the oxygen gets thicker, and walking becomes more accessible. However, since this is a somewhat downhill climb, you can get cramps in your knees. The frequent landslides might roughen the route, so be careful about tripping. After a few hours, we returned to the rhododendron and pine forest route, which felt like heaven in the blooming season. The trail then descends to the **Dudh Khola (Milk River)**. You continue to trek through vat farmland until you reach the village of Gho. You will be spending the night in one of the fine lodges in Gho village during our Manaslu Circuit Trek.

Also read: **Detailed Manaslu region guide**.

**Meal** : Breakfast, lunch and dinner

**Accomodation** : Tea house

**Walking / Driving** : 5 to 6 hours trekking (25 km)

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## Day 12: Drive to Kathmandu or Pokhara via Besishar

Today is the last trekking day of your itinerary. You have plenty of time to relax and enjoy the trail. You need to cover only about six kilometers to reach Dharapani. The trail goes through the agricultural fields and pastures. A few sections of the trail pass through pine and rhododendron forests and finally lead you to Dharapani, where you will explore the surrounding areas and stay overnight.

**Meal** : Breakfast and Lunch

**Walking / Driving** : Drive to Kathmandu (9 hours) and Drive to Pokhara (6 hours 30 min)

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## Day 13: Drive from Beshisahar to Kathmandu or Pokhara

This is the day to say goodbye to the Himalayas. Utilize your last few minutes to share your experiences in the Himalayas with any locals. The last day of your trip begins with a 5-hour drive in a local jeep from **Dharapani** to **Beshisahar** and then another 6-hour bus drive to Kathmandu.

It is mandatory to rush a little in the morning to catch at least the last bus to Kathmandu from Beshisahar. If you cannot get the bus to Kathmandu, you will probably need to wait till the next day. Upon arriving in Kathmandu, you will be invited to a fine restaurant's last farewell dinner party. You will probably be provided with some Nepali cultural dances and special performances.

**Note: If someone wishes to travel to Pokhara instead of Kathmandu following the trek, the Himalayan masters will assist you in arranging transportation to Pokhara. Also, you might be interested in Helicopter Tours to Nepal.**

**Meal** : Breakfast and lunch

**Walking / Driving** : 7 hours drive (175 km)

FIXED DEPARTURE

| Trip Date | Trip Status | |
|---|---|---|
| 26-12-2023 | GUARANTEED | BOOK NOW |
| 01-03-2024 | GUARANTEED | BOOK NOW |
| 06-03-2024 | GUARANTEED | BOOK NOW |
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| 10-03-2024 | GUARANTEED | BOOK NOW |
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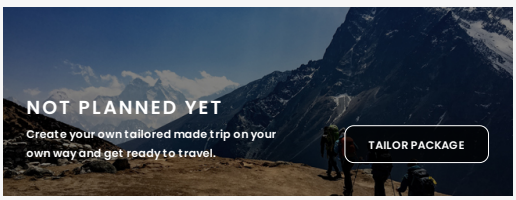


INCLUDE / EXCLUDE

## Trip Cost Includes

1. Airport pick-up and drop-off service by private car
2. 12 nights Best available clean and comfortable Tea house accommodation during the trek
3. All meals (breakfast, lunch and dinner) for 13 days of trekking
4. Three hot drinks a day (Tea and Coffee)
5. Kathmandu to Maccha Khola by Local bus
6. Dharapani to Besi Sahar by public sharing jeep
7. Besi Sahar to Kathmandu or pokhara by Tourist bus
8. Guide for 13 days
9. Trekking permits: Annapurna conservation permit and TIMS Card
10. Manaslu Conservation Area permit
11. Manaslu restricted area permit
12. All Local and Government taxes and administrative charges

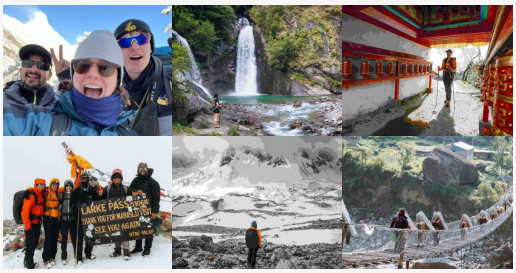
**Complementary services from Himalayan Masters**

1. Himalayan Masters Brand 25-degree sleeping bag during the trip
2. Himalayan Masters Brand -25 Down jacket during the trek
3. and a pulse oximeter for monitoring your oxygen saturation and heart rate at high altitudes.
4. Himalayan Masters brand water bottles and purification tablets
5. First aid kit box
6. Seasonal fruits for dessert
7. Himalayan Masters Brand Duffle Bag for the Trek (If you hire a porter)
8. Himalayan Masters Brand Trekking T-Shirt and Cap
9. The guide keeps a bottle of oxygen on hand in an emergency.
10. Manaslu trekking maps

## Trip Cost Excludes

- accommodation in Kathmandu in case of early arrival or late departure
- Lunch and dinner in Kathmandu
- Nepal Visa fee
- Travel and medical insurance
- International flights
- Personal expenses (phone calls, internet, laundry, bar bills, snacks, bottled or boiled water, souvenirs, hot showers)
- Personal trekking gear and equipment
- Porter for the trek (One porter for 13 days, USD 220)
- Private Transport
- Tips for guide and drivers (tipping is expected)

GALLERY



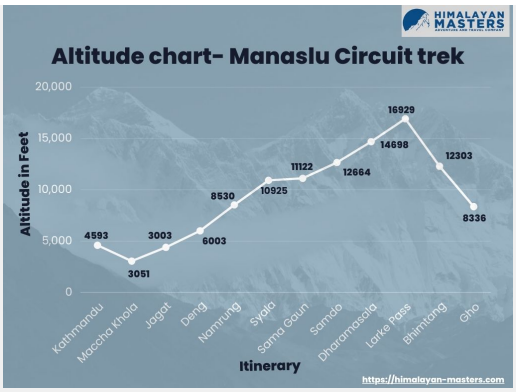

USEFUL INFO

### Manaslu Circuit Trek Distance

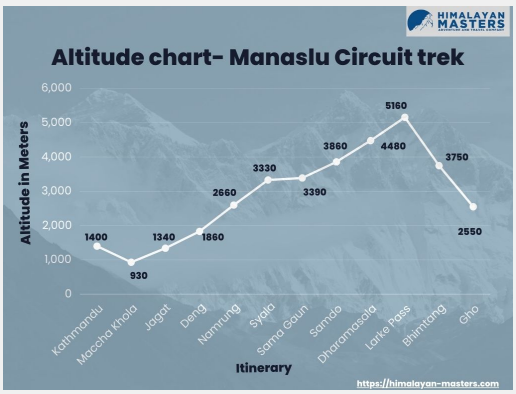
The total distance of the Manaslu Circuit trek is 151km from Maccha Khola to Jagat. If you start the trek from Soti Khola, this distance increases by 15 km and becomes almost 166 km. The new road construction around Manaslu has caused the trek to become longer, adding 5 to 10 kilometers to the entire trip. You will walk for 6 to 8 hours daily, covering about 18 to 19 km.

Day 1: Kathmandu to MachhaKhola distance 143 km
Day 2: MachhaKhola to Jagat distance: 22km
Day 3: Distance from Jagat to Deng: 19.9 km
Day 4: Deng to Namrung distance 19.5 km
Day5: Namrung to Samagaon (17.7 km)
Day 7: Samagaon to Samdo distance: 16.4 km
Day 9: Samdo to Dharamsala distance: 12 km
Day 10: Dharamsala to Bimthang via Larkya La pass distance: 24.7 km
Day 11: Bimthang to Gho distance 14km
Day 12: Gho to Dharapani distance: 5km
Dharapani to Kathmandu distance: 118km

### Manaslu Circuit Trek elevation and altitude




Manaslu Circuit Trek altitude




Manaslu Circuit Trek elevation

### Weather at Manaslu Circuit Trek

The weather plays a vital role in determining the ease and comfort of your trek. Learning about the temperature and climatic conditions before you plan the tour is essential. Although **the weather in the mountains** is relatively unpredictable, we can say that Manaslu experiences four distinct weather variations every year.

**March, April, and May** mark the spring season in Nepal. March begins at -6 degrees Celsius at night but rises to 6–12 degrees in the late afternoon. The mountains are pretty warm at the end of May, even at night. Autumn is a time of celebration and fun. After the post-monsoon, the weather is relatively stable and dry. Days are pretty warm, with temperatures ranging from 10 to 15 degrees in the **Manaslu region**. These are the best seasons for Manaslu treks in Nepal.

The summer in the South Asian region marks a prominent monsoon. The rain starts to fall in the second week of June and lasts for almost a month. As December approaches, the high mountains' temperature drops to -8 degrees Celsius. But the snowfall begins after mid-January and lasts until mid-December. At this time, the nighttime temperature is almost -10 to -6 degrees. Even if the temperature reaches zero,

### When should I trek to Manaslu?

Thankfully, the **Manaslu trek** is open for hiking at any time of the year. Sadly, the winter trek is challenging as the **tea houses** in the upper sections of the hike are closed. However, if you don't want to miss the best mountain views covered in a thick white blanket, you can arrange the tour even in the winter.

Also, the monsoon is considered a low season due to its slippery path and leaches. But since it's the best time to visit for keen botanists, you can head for the trek with the proper preparation.

The best season for the Manaslu trek is from March to May, when the temperature is bearable, and the rhododendron blooming is seen everywhere. Or, you might trek in another peak season, i.e., October to December, when the sky is clear, the trail is busy, and the locals are vibrant. After farming is completed in the monsoon, a time comes for a big celebration, such as the Dashain and Tihar festivals. You might have to pre-book the lodges because the trails are very busy.

### Accommodation on the Manaslu Trek

On the trek, we will stay in the tea houses that the local families own. The lodge has a central dining area with a big stove for heating the room. The room mostly has two or three beds. They provide you with mattresses, a small blanket, and pillows. You might need to use sleeping bags for the night. They offer a hot shower on additional request, but the infamous "drop" toilets might be your most significant difficulty. Thankfully, a handful of newly constructed tea houses have a flush system.

**Know more about accommodation in the Manaslu circuit trek**

### Food for Manaslu trekking

Regarding the **food in Manaslu,** you can have any meal of your choice while you stay in Kathmandu. We only provide you with breakfast (along with a welcome or farewell dinner) so you can choose to eat whatever and wherever you want.

**Know more about food in the Manaslu trek.**

During the trek, all three meals of the day are included. You can have a pancake, bread, dairy, juice, etc. The tea houses also have muesli and oats as options. The popular **Dal Bhat** with additional supplies is the best choice for lunch and dinner. However, you can also pick from **noodles**, **momo, rolls, roti**, and some curry. Some continental options, like **pizza** and **burgers,** are also available in the lower altitudes. Do try local foods such as tulpa **and butter tea.**

### Transportation During Manaslu Trek

Regarding the accommodation, we will predominantly travel in a private tourist vehicle. The vehicle size differs as per the group. Airport pick-up and drop-off will also be done in a private car. This particular tour does not have the option of a flight. So, most of the travelling is done by road.

### Culture and festivals of the Manaslu region

Manaslu area is probably the most culturally diverse section of Nepal. In the lower chamber, we can witness village settlements with Chettri, Brahmin, and Newar people, whose lives are guided by Hindu values. Then, as we shift to the upper section, we witness the Tibeto-Burmans and Mongoloids, who mainly belong to the Rai, Magar, Gurung, and Tamang castes.

Their culture includes beautiful monasteries, mani walls, rotating wheels, and prayer flags. In places like **Mu gumba, Gumba lungdung,** and **Rachen gumba,** you can see many nuns, especially younger ones, practising the ancient art of meditation and medicine.

People also celebrate different festivals that bind them in a commonplace. **Lhosar and Bouddha Jayanti** are celebrated with much joy. Explore the unique clothing of Manaslu and be a part of their festivals. You will have enough time to interact with the people and learn about their local culture.

### What kind of permits are required for the Manaslu Trek?

Manaslu area limited area permits, Manaslu conservation area permits (MCAP), Annapurna conservation area permits (ACAP), and Trekkers Information Management Systems Card (TIMS) are the four types of permits required for trekking in Manaslu. You need these four licenses to accomplish the Manaslu Trek.

**Know more about the permits.**

### What is a tea house like?

What do you imagine a house in the most challenging mountain terrain looks like? The tea house in Manaslu looks like a small hut, mostly made of wood or mud. Every tea house has a central dining area with a big wood burner. The fire is supposed to keep the room warm while you rest after a long day. Then, there will be two or three single beds with a thin mattress and blanket. Well, bedsheets might not always be very clean (it's safe to carry your bedsheets), and blankets are not warm enough (that's why we recommend sleeping bags).

Let's talk about the most important topic here: the bathrooms. Still called toilets in Nepal, there might be western or Indian pan restrooms that are provided in sharing basic There are hot showers in almost all hotels in Manaslu, but you must pay extra for that.

We often talk about electricity or charging in Manaslu Circuit Trek. The rooms in tea houses don't have any plugs for charging, and you must give your mobile or camera in reception. They assess your devices for a couple of extra bugs.

The tea houses offer some suitable varieties, but Nepalese Dal Bhat is always the best option. Do you want to know more about foods in Manaslu? Just get to the article here.

### What is a day on the Manaslu Circuit Trek actually like?

You know what we are discussing if you have been on any other high-altitude trek in the mountains. If it's your first time, read carefully. Every trek day will be different, and difficulty adds up as you gain altitude, but a general outline can be made.

Each day, the Manaslu Circuit trek begins after breakfast in a teahouse around seven to eight in the morning. You need to wake up quite early, freshen up before breakfast is served, and then we will start the walk. Following the trail led by our guide, we enjoyed the view along the route. When you are tired, signal, and the guide will stop. We cross a couple of kilometres before the guide takes us for lunch. You will spend almost an hour in the hotel here before moving ahead. You might have to take a packed lunch sometimes, but we mostly eat fresh lunch prepared in the tea houses.

After lunch, we walked for a couple of more hours. You might want to stuff juice, chocolates, or snacks in your small bag. Depending on the distance we covered, we reached our destination somewhere between three and seven o'clock in the evening. The guide finds you a tea house where you shall crash for the night.

### Things to do after a Manaslu Circuit Trek

Although a trek to Manaslu will rejuvenate your soul, it might be physically tiresome. When you return to Kathmandu, a long spa session might be the best thing to do. And for the ladies, you might need a facial and a hair care day after that. Give yourself a day or two to let that muscle relax. Short tours to Kathmandu Valley or Nagarkot might be an excellent finish for your Manaslu Circuit Trek.

**Where can I meet Himalayan masters?**

You can contact us via email or WhatsApp provided on the site. We will be available to pick you up at the Tribhuwan International Airport and transport you to the hotel anywhere in Kathmandu. Do note that our package begins from the day we move for the trek to Manaslu, so any accommodation costs before that are not covered. If you are already in Kathmandu, we will pick you up from the hotel.

The Himalayan Masters believe in flexibility and comfort. We will provide you with the contact details of your client and the driver, just in case you need to ask anything.

**Here is a quick tip on Travel insurance for Manaslu**

Unfortunately, our Manaslu Trek cost doesn't include travel insurance for our clients. It would help if you get foreign travel insurance covering high-altitude rescue from your home country.

## Manaslu Trek Packing List by Himalayan Masters

Our expert leader made this complete packing list, so please look at the Manaslu Trek packing list.

**Head :**

1. Sun hat or scarf (Himalayan masters will provide the trekking caps)
2. Winter hat, insulating hat or wide-brimmed hat
3. Headlights with extra batteries

**Face :**

1. Sunscreen, lip balm, and lip guard
2. Sunglasses with UV protection
3. Face/body wipes

**Hand :**

1. Lightweight gloves
2. Heavyweight winter gloves

**Body :**

1. Hiking shirt
2. Long-sleeved shirt
3. Hooded rain jacket
4. Fleece jacket
5. Lightweight cotton pants
6. T-shirt (lightweight wool)
7. polypropylene underwear
8. Down jacket **(-20 is the best at high altitude trekking / is complimentary by Himalayan Masters)**
9. sweater
10. waterproof jacket and pants
11. walking trousers

**Footwear:**

1. Trekking boots (Goretex ones)
2. Thick wool socks (take the extra pain of thick light socks)
3. Flip flops/sandals
4. Crampons

**Essential gear:**

1. Backpack/daypack (size depends)
2. Thermal bottle
3. Water purification (is complementary to Himalayan Masters)
4. Trekking pole
5. Sleeping bag (-20 is the best for high-altitude trekking / is complimentary by Himalayan Masters)

**Others :**

1. Hand sanitizer (if needed)
2. Antiseptic cream or spray
3. Personal medicine
4. Toilet papers
5. Wash bag (toothbrush, toothpaste, face wipes, etc.)
6. Rain cover
7. Waterproof trousers, jacket, and gloves

8. Compass/trekking maps

REVIEWS

We hiked the Manaslu Circuit with Himalayan Masters in April and felt very well taken care of from the first Email contact through to the hike itself. We'd recommend them to anyone who wants to have the planning certainty of booking from abroad but still get a small local agency with a good price and service package.

We made contact from home already but committed only once we were in Kathmandu and able to compare on the ground. The communication with Sandip was excellent also via email: prompt, in good English and knowledgeable. We later learned he is an experienced guide himself, still leading summit hikes, which we think is positive.
H.M. helped us pick the trek and get all the necessary equipment in preparation.

We (as a couple) hiked with a guide and a porter, Ram and Baikuntha, who turned out to be the best company we could have asked for on the hike. Baikuntha brought our belongings quickly and reliably across the mountains and was also one of the more 'present' porters, trying to learn English with us, walking by our side and not always sprinting ahead. We had those typical stomach issues early in the trek and Ram and Baikuntha quickly figured out a way for us to adapt our stops and route to something manageable.

Last but not least I want to send a special thanks to Ram who supported us every step along the way, coaching, sharing knowledge, and entertaining. He was approachable, reliable and dedicated to his work, available for us whenever we needed help. Thank you!

D Dennis W
Germany 🇩🇪

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Our Manaslu trek was fantastic with Surje Lama. Helped out immensely when I got sick, and when we had a very challenging pass day. Sandip was fantastic on the organising end from start to finish. Changes to the plan were no problem. We had a great trip. Thanks, Surje and Sandip

L Lachlan
Australia 🇦🇺

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Good experience with Himalayan masters.
Clear and quick communication beforehand with Sandip. Everything was organized by the time I arrived in KTM. Flexible and reasonable organization.

Surjie, the porter-guide on this trip, is a very caring, kind and happy person. He took care of all practical matters during the trekking.

S Seppe
Belgium 🇧🇪

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We have such an incredible experience on the Manaslu Circuit Trek. From the minute we landed to the time that we flew out Sandip had organised everything perfectly. I have travelled to Nepal many times before and this was by far the best trek I have ever done due to the organisation and professionalism of the Himalayan Masters Team. Our guide Surje did an excellent job throughout the trek and his experience and knowledge allowed us all to enjoy our time on the mountain. His humour and jokes had us laughing our way over the Larkya La Pass. Our porters did an excellent effort to carry our bags and have them ready at each stop before our arrival. Overall I can only express gratitude towards Himalayan Masters for making my time on the mountain one that I will never forget 🙌. For anyone looking for a reliable trekking company, this should be your choice 😀!

H Haylea
Australia 🇦🇺

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With the recent change to Nepal's solo trekker policy, I was initially sceptical about seeking the support of both a trekking company and a guide. I can say upon reflection on the Manaslu Circuit those fears were completely unfounded.

Himalayan Masters and the owner Sandip were incredibly attentive, making the entire planning and arrivals process effortless.

On the trek, I was paired with Govinda, one of Himalayan Masters' most experienced guides, who have, at the time of writing completed 31 Manaslu treks. I could not have asked for a better guide to give me the full experience of the trek and of Nepal. His attention to detail, appreciation of risk and willingness to share both language and culture have been outstanding.

For anyone considering choosing Himalayan Masters or wavering over whether they should employ a guide; I can assure you, it will be the single best decision you could make if you're coming to trek in Nepal.

I have left Nepal having had the most wonderful of trips and am looking forward to returning in the future to trek with Mero bhai (my brother) Govinda.

B

Brad A

England

I've visited Nepal several times and have to say the trek with Himalayan Masters was the best experience I've had with trekking companies in Nepal. Very professional staff, from the organisers to guides to porters. Sandip organised our Manaslu Circuit trek which was such a great experience and really went out of his way to make sure we had a great time in the mountains. Our guide Surje was really helpful and kind, and overall would highly recommend Himalayan Masters to anyone looking for a reliable trekking company for any of the awesome trips throughout the country and beyond- you won't regret it!

Olly Gaspar

Australia

We enjoyed a great experience with Himalaya Masters. Sandip, the owner, provided us with clear and detailed information from the moment we reached out to him.
There is a lot to consider when coming to Nepal to trek for the first time and Sandip really helped put out minds at ease with his patience and advice.
We ended up trekking the Manaslu circuit with Raj as our guide. It was such a lovely experience and it was great to have such an experienced guide with us on our journey. Pit was also part of our group, as a porter but he helped us all and provided us with fresh fruit and sometimes apple fritters!
It was a legendary experience and one that we'll not soon forget.
Make sure you bring your warm clothing for your trip – the weather can fluctuate and be unpredictable in the mountains!
We're already looking forward to returning and doing more trekking in Nepal!

R

Ryan G

Canada

My second time back with Himalayan Masters and they exceeded my expectations yet again. Manaslu and Tsum valley trek organised by Sandip was a great itinerary and Dipak was an amazing guide that truly went above and beyond the duties of a trekking guide. He supported our group through all our ups and downs and we certainly couldn't have done it without his help. The 3 porters, Syren, Pawan, and Pitumber also went above their duties to help cook, serve us fresh fruit every day and keep spirits high! I would recommend Himalayan Masters to anyone who is interested in trekking in Nepal. Miss it already

H

Hannah Kadi

Australia

Be surrounded by incredible landscapes, exchange with the local population, contact with Tibet culture... and all that feeling safe during the entire trip. Dipak and his team provide 100% assistance and support during the itinerary.

V

Vengar

Brazil

Amazing experience. My favourite part was Larke Pass. Ask for Ramesh, he's an excellent guide and very knowledgeable.

D

Daniel C

Australia

FAQS

## Why trek to Manaslu Circuit with Himalayan masters?

The Manaslu Trek is a remote, restricted trekking area with many unexpected physical and legal issues. This is why you need the experts at Himalayan Masters for the following advantages:

We provide you with an experienced guide who is very useful in coping with every difficulty in the Manaslu trekking route

Experts have designed our itinerary to keep you safe and avoid hectic walks; it's easily achievable.

We offer the cheapest Manaslu trek packages, the best offers among Nepalese local trekking companies.

Himalayan mastermasters who lead Manaslu treks Most of them are from the Manaslu region and are highly familiar with the area.

We accommodate you in the best available hotels throughout the trekking route. Our travel packages cover all necessary costs for the tour (other than those mentioned in our policy) without any hidden charge.

We always prioritize our travellers' health, safety, and comfort; the team will help you during any emergency.
And the list can go on...

## How difficult is Manaslu Trekking?

How long is the Manaslu Circuit trek? +

How much does it cost to trek to Manaslu Circuit? +

How far is Manaslu Trek from Kathmandu? +

How do I get from Kathmandu to Manaslu? +

When is the best time to trek to Manaslu? +

Can you trek to Manaslu Circuit without a guide? +

Where is Manaslu? +

Do I need a permit for the Manaslu trek? +

How cold is it Manaslu? +

Is Manaslu harder than Everest? +

Is Manaslu Circuit Trek Safe? +

How to train for Manaslu Circuit? +

How many miles is the Manaslu Circuit trek? +

Which is the highest point of the Manaslu Circuit trek? +

What is the elevation gain of Manaslu Circuit? +

Do you need oxygen to climb Manaslu? +

How do I prepare for the Manaslu Circuit trek? +

Do you need a sleeping bag for Manaslu Circuit Trek? +

How hard is the Manaslu Circuit Trek? +

What is the elevation gain of the Manaslu Circuit Trek? +

How many people die in Manaslu? +

What is the success rate of Manaslu Circuit Trek? +

Is Manaslu harder than Everest? +

What is the difference between the Manaslu Circuit Trek and the Annapurna Circuit Trek? +

Do you need a guide for Manaslu Circuit? +

How many miles is the Manaslu Circuit Trek? +

How many people have climbed Manaslu? +


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## UNSURE WHERE TO GO? WE CAN HELP

Based on your preferences, location, timeframe, and budget, our team can design your dream trek based on our extensive knowledge and experience of the Himalayas. Get in touch with us for detailed information and assistance planning your dream trek. With our 97% success rate on trekking and climbing trips in 2022 and 2023 spring season, we will answer any questions you may have and guide you for an unforgettable experience.

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